TURKEY SANDWICH USING KETOCUISINE

- 22g KetoCuisine
- 9g Eggs
- 6g Butter
- 1g Corn flour
- 13g Mayonnaise - HELLMANNS
- 9g Turkey – dark meat roasted

You will also need a pinch of dried herbs and a little onion or garlic salt.

Pre heat oven to 190c / fan 170c / gas 5.
Reserve the butter and turkey – which should be in very thin slices.
Mix everything to make a soft dough.
Pat out to an oblong or square on a non stick baking tray.
Bake in pre heated oven for approximately 15 minutes.
When cold cut in half, spread with the butter and make a sandwich with the turkey.

Mo’s tip: I found it easier to pat and shape with my fingers. It needs to be approximately 5” x 3”.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION